What do we know (or need to know) about suppository administration of cannabis products

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Why would a patient/doctor opt for rectal/vaginal administration of a medication

- Palatability issues
- Severe nausea or vomiting
- Irritable Bowel/Crohn’s Disease
- Compromised esophageal or gastrointestinal tracts
- Unconscious (e.g. rectal diazepam for status epilepticus)
- Spasticity in MS
- Targeted relief for local pain
  - Hemorrhoids
  - Menstrual pain
  - Painful sex
  - Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS)
  - Pelvic pain
  - Sciatica
Pharmacokinetics of suppositories of cannabis products

Findings of THC-HS suppository vs oral delivery

- Slower rise in plasma THC
- Prolonged activity
- Avoids first pass metabolism
- Reduced psychoactive effect
A 2018 Systemic Review of Literature of CBD PK Found No Studies of Rectal/Vaginal Administration in Humans

Take Home Points

- Oral bioavailability of CBD is quite low
  - Extensive 1st pass metabolism
- I.V., smoking/inhalation fastest route of administration
- Distinct lack of human (and animal) studies of bioavailability, safety, and efficacy of suppositories for CBD
A smattering of preclinical experiments suggest efficacy of rectal administration of CBD
Despite the lack of human studies....

DIY CBD Suppository Recipe for Vaginal or Rectal Issues

1. Ingredients. 1/4 cup cocoa butter. 1/4 cup coconut oil. Cibadol CBD isolate or CBD tincture.

2. Equipment. 1 suppository mold. 1 dropper. 1 small saucepan.

3. Directions. Combine your coconut oil and cocoa butter in a small saucepan. Melt over medium heat and stir to combine.
Where to go from here?

• More research is necessary to determine safety, efficacy, tolerability of suppositories with CBD
  • Preclinical and clinical
  • None that I could find on clinicaltrials.gov

• What should the consumer know?
  • Distinct lack of data
  • Consumer beware
    • Anecdotal information is plentiful, scientific information is sparse

• Thoughts? Concerns?